A SIGNIFICANT ACHIEVEMENT

he recognition of Tier 1 status in the Global Cybersecurity Index (GCI) marks a significant milestone for India com-. mitted to enhancing their cybersecurity frameworks and practices. The GCI, developed by the International Telecommunication Union (ITU), assesses countries on their cybersecurity readiness and effectiveness across several dimensions, including legal measures, technical measures, organizational measures, capacity building, and international cooperation. Achieving Tier 1 status indicates that a country has established a robust and comprehensive cybersecurity infrastructure. This classification not only reflects the nation's commitment to protecting its digital assets but also enhances its global standing in the cybersecurity arena. Tier 1 countries are recognized for their strong policies, advanced technologies, and proactive approaches to managing cybersecurity risks. One of the critical factors contributing to Tier 1 status is the development of a national cybersecurity strategy. This strategy typically includes clear objectives for safeguarding critical information infrastructure, responding to incidents, and promoting public awareness

Stuck in Space: The Perilous Plight of NASA Astronauts Sunita Williams and Barry E. Wilmore

■ DR. ANKUSH MAHAJAN

s months pass since the beginning of their mission, NASA astronauts Sunita Williams and Barry E. Wilmore find themselves grappling with the unrelenting challenges of being stuck in space. What initially seemed like an extended journey has now stretched into an uncertain ordeal, a stark reminder of the unpredictability of space missions. While the idea of being stranded in the cold, dark void of space might once have seemed like the stuff of science fiction, it has now become a sobering reality.

The timeline of days turning into months reveals how space missions can take unexpected turns. Williams and Wilmore's mission was planned meticulously down to the last detail, vet, as is often the case in space exploration, unforeseen complications arose. The complexity of their situation has not only tested the limits of technology but also their endurance and mental resilience.

The Unpredictability of Space Missions: Space exploration has always been a high-stakes endeavor. Despite rigorous planning and the most advanced technology, space missions remain unpredictable. Mechanical malfunctions, unforeseen environmental challenges, or even space debris can turn a smooth mission into a lifethreatening situation. For Sunita Williams and Barry E. Wilmore, the uncertainty of their current state has taken them on a journey that exemplifies the delicate balance between success and catastrophe in space. The spacecraft they inhabit, once their home, now feels like a lifeboat drifting in the endless expanse of the cosmos. With each passing day, they rely on their training and problem-solving skills to adapt to the ever-changing reality of their mission.

The Challenges of Life in Space: The difficulties of being stuck in space become more pronounced with time. Williams and Wilmore must continue to contend with a host of physical, psychological, and technical challenges. Life in microgravity comes with its own set of problems. Over the months, muscle atrophy and bone density loss, which were manageable at first, have now become more pronounced. They've had to maintain a strict exercise regimen to counteract these effects, knowing that every moment spent in space takes a toll on their bodies. Psychologically, the strain has become more intense. What started as isolation has now transformed into the reality of living months away from their families, the Earth, and all that is familiar. The long-term separation from the comfort of home and the uncertainty about when-or if-they will return adds layers of stress. Despite regular communication with mission control, the emotional burden of isolation and uncertainty weighs heavily on their minds. An Unforgiving Environment: Space is an unforgiving environment, and as time goes on, the risks become even more apparent. The threat of space debris remains constant, with even the smallest fragments of debris capable of causing catastrophic damage. Every system aboard their spacecraft must continue to function perfectly, as there is no room for error in space. One malfunction, one critical failure, and their lives could be in jeopardy. Adding to the danger is the ever-present threat of cosmic radiation, which they've been exposed to for an extended period. Over the months, the risk of radiation-related health issues has increased significantly, and every day spent in space adds to their cumulative exposure. NASA's safety protocols are designed to mitioate these risks, but there's no escaping the reality that space tray el comes with inherent dangers.

Eye-Opening Facts About Long-Term Space Travel: As the mission stretches into months, several facts about space travel come to

1. Extended Isolation: Prolonged isolation in space can lead to severe psychological effects, including depression and anxiety. Astronauts must rely on mindfulness techniques and mental health support from mission control.

2. Resource Management: With months in space, resources like food, water, and oxygen become critical. Every drop of water is recycled, and astronauts must ration their supplies carefully to avoid running out before the mission ends.

3. Communication Delays: As time drags on, communication delays become more noticeable. Signals between astronauts and Earth are delayed by mere seconds, but over time, even small delays can add to the sense of separation.

4. Risk of Physical Deterioration: The longer astronauts stay in space, the greater the risks to their physical health, with issues like muscle atrophy, bone density loss, and changes to cardiovascular health becoming more pronounced.

A Tale of Survival: For Williams and Wilmore, the transition from days to months has been a test of survival, both in terms of technology and human endurance. Their ability to remain focused, maintain their health, and stay optimistic amidst the adversity speaks to their strength as individuals and professionals. They are astronauts, but above all, they are human beings enduring an

extraordinary ordeal in the pursuit of knowledge and exploration. The unpredictability of space missions has now become a reality for them, as unforeseen technical issues have extended their mission indefinitely. They rely not only on NASA's expertise and innovations but also on their own perseverance and adaptability. Their mission underscores the essential truth of space exploration: no amount of preparation can predict every scenario, and those who venture into the cosmos must be ready to face the unexpected.

A Testament to the Human Spirit: The plight of Sunita Williams and Barry E. Wilmore is a reminder of the resilience of the human spirit in the face of insurmountable challenges. Their journey, now spanning months, is a powerful testament to the courage and determination of those who venture into space, knowing the risks involved. As NASA continues to innovate and push the boundaries: of space exploration, their ordeal highlights the importance of safety, support, and resilience in the field. The perils of space travel are very real, but so too is the drive to explore and expand our understanding of the universe

Conclusion: Months in space have transformed Sunita Williams and Barry E. Wilmore's mission into a fight for survival, against both the elements of space and the limitations of human technology. As their journey continues, it serves as a sobering reminder of the unpredictability of space missions and the unparalleled courage required to face them. Their story is not just about space exploration but about humanity's unvielding quest to push the boundaries of what is possible, even in the face of overwhelming odds. The challenges they endure reflect the profound risks of space travel, and their resilience serves as an inspiration to us all, as we continue to look toward the stars.

Strengthen Your Physiology Through Attitude of Gratitude

DR SUNITA KUMARI

rtajnosmi Tad-BuddhvaYasyaprasadat(I am grateful, knowing that all is given by the Divine) ---(Bhagavad Gita, 9.27)

The word "gratitude" comes from the Latin word gratia, which means thankfulness, gratefulness, grace or graciousness. Gratitude means thankfully acknowledging and appreciating for the goodness in our lives. Gratitude is also the reverse of our undesirable damaging inner voice. It breaks the negativity and creates an opportunity to concentrate on all the virtuous in one's life.

World Gratitude Day is celebrated annually on September 21st. It's a global observance that encourages individuals to express appreciation and gratitude for the good things in their lives. This special day was founded in 1965 by the United Nations Meditation Group, with the goal of promoting a sense of global unity and recognition of the benefits of gratitude. Practicing gratitude necessitates a thorough fortitude to look differently at ourselves, the world, and others, as well as to act differently. The purpose of this article is to explore the profound and powerful health effects of practicing gratitude as well as to provide certain tips on how to incorporate this habit in our everyday lives and thereby to contribute to a more positive and appreciative societal mindset.

Source of Image: Internet

Amazing life perfections can stem from the practice of gratitude:

1. Positive impact on mental well-being: Mayyeva

AdhatsvaMayiBhuddhimNivesaya (Fix your mind on me, and place your intellect in me)-(Bhagavad Gita, 12.8)

Gratitude expands psychological healthand lessens heavy emotions, like envy, rage, jealousy, anger, resentment, regret, depression and frustration as well as triggers positive emotions by release of serotonin and dopamine (also called as "happy hormones" or "feel-good hormones"), powerful brain chemicals associated with happiness and pleasure, making people more optimistic even in the face of challenges. As a result, people are more expected to adopt behaviors that are advantageous to a better tomorrow. Practice of gratitude has a strong correlation with greater feelings of cheerfulness, enhanced life satisfaction and being more at peace. It helps people improve work-life balance, relish good experiences, deal with uncomfortable sensations and negative emotions, improve their health and build strong relationships. Gratitude can change the way we look at our own worth. It enhances confidence, patience, humility and wisdom.

2. Gratitude enhances our ability to handle

Practicing gratitude brings about reduction in



the level of stress hormone, cortisol. It also leads to better cardiac functioning and more flexibility to emotional setbacks and undesirable damaging experiences. Just by acknowledging and appreciating the little things in life, we renovate the brain to deal with the disagreeable circumstances with better awareness and broader perception. Because of its mood stabilizing effect gratitude can be a part of broader treatment plan for stress, anxiety, depression and other mood disorders.

3. Gratitude brings happiness that lasts: Benevolence gladdens constantly the grateful:

the ungrateful, however, but once. - Seneca.

Conscious practice of gratitude every day brings sustainable form of happiness. Regular practice of gratitude may lead to lasting changes in the neuronal connections in the brain, priming the person to be further grateful in future. Cultivation of gratitude is linked with strengthening of neural pathways that creates a long lasting grateful and positive nature within ourselves. Additionally, cultivating gratitude has been linked to neural activity associated with honest reasoning and fairness.

4. Powerful physical health benefits:

"Gratitude blocks toxic emotions, such as envy, resentment, regret, and depression, which can destroy our happiness." - Robert Emmons

Gratitude also brings about certain physiological changes in our body that ultimately lead to activation of the parasympathetic division of autonomic nervous system, the part of the nervous system that helps us rest and digest. Gratitude and the changes that it produces in the body, improve sleep, help bring down our heart rate, blood pressure, and breathing to help with overall relaxation. Grateful people are more likely to take care of themselves, eat a healthier diet, exercise more often, get fewer aches and pains, and have strongerself-control leading to discipline and focus. Being grateful can help prevent disease and can even help us live longer (delays ageing) contributing to greater physical health and longevity.

5. Gratitude facilitates social wellbeing:Gratitude enhances empathy and reduces aggression leading to better control over emotions. Grateful people have betterrelationships because expression of thankfulness and appreciation opens the door for more constructive interac-

Professional life benefits: Gratitude increases our emotional intelligenceand makes us communicative, adaptive, empathetic, and compassionate, the soft skills that make us humans and are important to thrive at the workplace. Another way of gratitude that can help us further our goals is by acknowledging the achievements and realizing how far we have already come. Credit needs to be given to our own self for successfully conquering every hinderance all along the way.

7. Gratitude makes us less materialistic: Gratitudemakes the people to appreciate and focus on what they already have instead of what is lacking in their life. Therefore, gratitude shifts our attention from what we lack in our lives to the abundance that is already present. Obstacles to feeing gratitude: Some people have grateful disposition and as a result gratitude comes naturally which makes them relish all the good in life where as certain personality traits and mood disorders act as barriers to the practice of gratitude. Factors like materialism, cynicism, envy, narcissism, stress, depression etc make us take things for granted. But fortunately, just like muscle, gratitude can be built stronger with practice. There are exercises and interventions to cultivate and integrate more gratitude in our life:

Writing it down: We can take time either in the morning or at night to write down something that went well. We can also dedicate a journal or a notebook to gratitude so we can reflect and remind ourself of those moments. Make brief entries of the stuff that you are grateful for.

Gratitude Jar: Write down the things you are thankful for on small paper slips and put them in the jar or box. Read them whenever you need a boost or at the end of the week.

Hitting pause: Sometimes we reflexively say, "thanks" often. In future if we hear ourselves saying it, we need to stop and think precisely what we are thankful for (e g "good coffee" instead of "cof-

Connect with Nature: Spend some time outdoors daily (be it 5 to 10 minutes). Appreciate the wonder and beauty of nature (sights, sounds,

Redirecting your thoughts: At times we may feel frustrated or unfulfilled. When this happens, we should step back and shift our focus to a pos-

itive facet of the situation. Mental Subtraction: It means Imagining our lives without any good things and then again coming back to reality and appreciating whatever

good thing are there in our lives. Death Reflection: Means imagining our own death and then appreciating the profits of being alive. This helps us gain a bigger indebtednessto the beautiful world and the people around.

Sharing our gratitude, gratitude letters and visits: Sometimes we should send a quick note to someone telling her/him why we are thankful for them or encourage our family to speak out something they're grateful for every evening at dinner. Incorporate gratitude into your daily life by sending thank you notes, creating gratitude rituals and starting a meeting or giving closing remarks with a statement of gratitude.

Count your blessings: Choose a time as per your convenience at least once a week and think about your blessings. First write down 4 to 5 things that you are grateful for and then gradually keep on increasing. Try to recall the sensations and the feelings you got when something good happened

Gratitude Meditation: Meditation prevents us from ruminating our thoughts, pulls away from worrying and helps to focus on the present moment without judgement, better enabling us to recall the things and moments that we are grateful for (e.g. nice people around, respectful job, pleasant weather etc.). Calming exercises in more structured meditation helps us incorporate both mindfulness as well as gratitude in life. The best thing about gratitude meditation is that it can be practiced anywhere at any time.

Bedtime gratitude: Thinking grateful each night before bed helps in calming the mind and enables better sleep. May be less well known but it is an effective means of reducing the sleep disturbances and increasing the time span of restful

To conclude, gratitude is a simple yet powerful habit that can transform our lives. Just by appreciating the things and people in our lives, we can improve our relationships, health and well-being, and overall happiness. When we train ourselves to look at life through the lens of gratitude rather than disappointment, we actually find ourselves.

through attitude of gratitude. Let's start incorporating gratitude in our everyday life rightfrom today onwards and see the great magic happen.

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In short, we can strengthen our physiology

J&K Assembly Elections

Coalition Government on the Horizon in Jammu & Kashmir: Challenges and Opportunities Ahead

DR. IMTIYAZ AHMAD WANI

ashmir, renowned for its breathtaking landscapes and intricate political histo-Lary, has long stood as a focal point of intense political activity. The forthcoming Assembly Elections in Kashmir once again illuminate the critical needs and aspirations of the Kashmiri populace. The people urgently demand stability, genuine representation, and substantial socio-economic advancement. The political terrain in Kashmir is convoluted, with multiple factions striving for dominance and The impending assembly elections will serve as a pivotal platform for the populace to articulate their voices and elect leaders capable of effectively addressing their concerns. Nonetheless, amidst the political maneuvers, it is imperative to uphold a steadfast focus on the paramount needs of the people.

After the 8th of October, there is a significant possibility of a coalition government forming in Kashmir due to the absence of a single dominant party. With no clear largest party emerging from the election results, political parties are likely to engage in negotiations and alliances to form a coalition government. The prospect of a coalition government presents both challenges and opportunities for governance in Kashmir. And, in the event of a coalition government, the political leaders will need to navigate the complexities of shared power, conflicting interests, and the demands of multiple parties. Building strong partnerships, fostering transparency, and prioritizing the welfare of the citizens will be essential for the success and stability of the coalition gov-

The regional political parties are on the brink of a historic election that carries immense significance due to the expected high voter turnout. This election provides a crucial opportunity for these parties to genuinely address the needs of the people and make a positive impact on the region. The upcoming election is not just a routine political event but

a momentous occasion where the voices of the Kashmiri people will reverberate through the ballot box. It is a high time for political parties to demonstrate authenticity, honesty, and a true dedication to serving the community in every aspect. With the anticipated surge in voter participation, the people of Kashmir are expressing a clear demand for change, progress, and a better future. Kashmir has immense potential for growth, especially in sectors like tourism, agriculture, and education. Investments in infrastructure, job creation, and skill development are crucial to uplift the standard of living for the people of Kashmir. The onus is now on the political parties to rise to the occasion, prioritize the welfare of the citizens, and work towards fulfilling the essential requirements of the region. This election serves as a critical juncture for political parties to show their commitment to stability, economic development, infrastructure enhancement, inclusive representation, social welfare, and the preservation of Kashmir's rich cultural heritage. By embracing these values and focusing on the genuine needs of the populace, political parties can steer Kashmir towards a path of growth, prosperity, and unity. The region has been marred by conflict and unrest for decades, leading to a sense of insecurity among the populace. The elected representatives must work towards fostering peace and stability in the region, ensuring the safety and well-being of the citizens. The fervor and enthusiasm surrounding the numerous election campaigns held by political parties in Kashmir have been palpable, with thousands of people actively participating in rallies and events. The perspective leaders have a monumental task ahead of them as they step into positions of power and influence. The hopes and aspirations of the Kashmiri people rest heavily on their ability to deliver on promises, address pressing issues, and bring about positive change in the region. Failure to meet the expectations and needs of the populace

could have far-reaching consequences for the political landscape in Kashmir. If the leaders falter in fulfilling the aspirations of the people, they risk losing credibility and support, potentially facing a loss of relevance in the political arena for the foreseeable future. The stakes are high, and the leaders must recognize the weight of their responsibilities. It is imperative that they approach governance with sincerity, integrity, and a genuine commitment to serving the best interests of the Kashmiri people. Only by staying true to their promises and actively working towards the betterment of the region can the new leaders secure their place in the hearts and minds of the populace and ensure a positive political future for Kashmir. Tral's Expectations for the Future MLA

The resilient and tightly-knit community of Tral is fervently awaiting the opportunity to elect a representative who will ardently advocate for their needs and ambitions. With a profound cultural legacy and a history of confronting challenges with fortitude, the people of Tral are gazing towards the horizon with hope and a fervent desire for positive transfor-

The hopes of the Tral populace for the impending assembly elections are deeply entrenched in their yearning for progress, tranquility, and advancement. Enhancements in infrastructure, improved access to healthcare and education, and augmented employment prospects rank prominently among the chief concerns of Tral's residents. They seek a leader who will attentively heed their grievances, comprehend their distinct challenges, and diligently strive to redress them. Furthermore, the denizens of Tral are longing for a leader who will foster unity and concord within the region. Given the intricate sociopolitical milieu of Jammu and Kashmir, nurturing a sense of inclusiveness and collaboration among diverse communities is imperative for the overall welfare of Tral. The forthcoming MLA holds the key to bridging divides,

fostering mutual understanding, and charting a course towards a more harmonious and prosperous future for all inhabitants.

The candidates Dr. Gh. Nabi Bhat, Mr. Rafiq Ahmad Naik, Mr. Harbakash Singh, and Mr. Chani Singh indeed carry significant responsibilities as they vie for the position of MLA in Tral. Winning the hearts of the people goes hand in hand with the golden opportunity each candidate has to make a positive impact on the lives of the constituents. As the election unfolds, the candidate who emerges victorious will shoulder the weighty responsi bility of fulfilling the needs and aspirations of the people of Tral. Whether it be addressing issues related to healthcare, infrastructure, agriculture, education, or other crucial areas, the elected candidate will have a pivotal role in shaping the future trajectory of the constituency. It is a momentous task for the winning candidate to not only secures the trust and support of the electorate but also to translate that mandate into tangible actions that benefit the community at large. The people of Tral look to their future MLA to be a beacon of progress, empathy, and effective governance, ensuring that their voices are heard and their concerns are addressed with sincerity and dedication

In summation, the aspirations of the Tral populace for the assembly elections mirror their dreams of a brighter tomorrow characterized by advancement, solidarity, and affluence. As they gear up to exercise their voting rights, the residents of Tral eagerly anticipate a leader who will not only represent their interests but also labor towards forging a more resilient and inclusive community. The soon-to-be MLA stands poised to make a lasting impact on the lives of the people of Tral, and the residents stand ready to embrace a future brimming with optimism and poten-

(The author is a resident of Dadasara

Pahari voter, a game changer in JK **Assembly Elections 2024**

SUNAINA MIR

t has been after ten years since 2014 that people of state Jammu and . Kashmir are celebrating the festival of democracy by casting their powerful votes in their polling booths. First phase of election is completed. Now we are Proceeding towards second phase of voting. During this election of Jammu and Kashmir, the one community which remains the topic of discussion not only in state politics but even in Central political corridors, is Pahari community. Pahari people, who reside in foot hills of Himalaya, recently honoured by BJP government by their inclusion in list of tribes getting ST reser-

vation. This gift to Pahari people has connected pahari people to BJP party.

The areas which seems to no entry for BJP are now over crowded with BJP supporters. The slogans in support of BJP candidates can clearly be heard in mega rallies and roads shows conducted by BJP candidates. Out of 90 constituent assembly seats 9 seats are reserved for schedule tribes and these nine seats are appearing as game changer in formation of Govt. In state of Jammu and Kashmir.

Fulfillment of long pending demand of ST reservation of Pahari people has established BJP as trust worthy party. It has further increased the hope of people on

BJP for further development of their region in particular and their state in gen-

ST Reserved constituencies like Rajouri, Thannamandi, Budhal, Surankote, Mendhar, Kangan, Kokernag, Gurez, Gulabgarh are inhabited nearly 56? of Pahari people. If they were not given ST reservation, they would be deprived of contesting any election, in that situation large number of people would be out from their representation in state constituent assembly. After talking to Pahari people, I come to a conclusion, every Pahari is enthusiastic that it is only BJP which has enabled him to knock the door of every big university. Every Pahari is overwhelmed that it is only BJP which has enabled him to pass any exam like IAS, KAS. IFS, every Pahari talks that it is only BJP which has enabled him to get benifit of scholarship schemes of government of India, every Pahari is thankful that it is only because of ST status that we can also fill form of any exam with zero fees, every pahari is indebted to Honourable PM that it is only because of him, we can also own our house under ST quota and every Pahari is happy to get loan for business with lowest interest under ST quota

In short, Paharis are thankful to BJP for raising their standard of living.